

CRAA continues to shine

On the fifth day of Palaro

IN a bid to go for the gold, CRAA athletes continue to shine as Palaro nears its end.

Arnis team boys and girls came out as the total champion early yesterday while Taekwondo – elementary boys and girls emerged as the 1st runner-up in the over-all final result while Taekwondo secondary boys settled for the 2nd runner-up.

CRAA trackers shocked spectators yesterday after snatching another gold in 400 meter dash courtesy of Raymund Maygay, and Peter Pol Padal on the 6th place earning also points for the Region. Cherry Suarez also garnered a gold medal for 100 meter hurdle.

Maickel Narte and Jether Molina pocketed a silver medal in their 110 meter hurdles and 1,500 meter run respectively, while Jun Allin Aguado got his first bronze medal in the 800 meter run. Joryl Villanueva snatched the 4th spot in the 1,500 meter run yesterday and hopes to get his first medal on his next event. Fedel Russel, Reynalyn Pabelo landed 4th place in long jump and 100 meter hurdles respectively while Charie Gayla got 6th place in long jump.

Two more gold courtesy of cousins Omar Philip Dacera and Lawin Dacera in swimming gave spectators an awe to the splendid performance of Region XII. A bronze medal was garnered in the 200 meter freestyle - elementary boys by Omar Philip Dacera, Vincent Ian Cruz, Frits Delle Anos and Raphael Facturan.

Archer Joco Montañón won silver medal for the

CRAA to p2



Brix Jovena smashed for a score in their match with CALABARZON in volleyball boys secondary.



Team arnis of CRAA are in euphoric mood as they present their trophies and medals as over-all champion in boys and girls category.

Arnis team sweeps championship crown

Both in boys and girls category

CRAA swept two championship crowns in arnis boys and girls yesterday, regaining the region's status as the "home of the arnis champs."

Arnis boys garnered five gold, four silver and one bronze, defeating Region XI and Region VI on the second and third spots, respectively.

The introduction of arnis girls as a new event this year added points to the delegation after it garnered seven gold and three silver medals. They outpowered their contenders from Region VI and Region X.

Aireen Apresto, the most bemedalled athlete in arnis bagged three gold medals, winning all her events in anyo, individual solo

baston, doble baston and full contact labanan in bantamweight division (over 40 kgs. to 44 kgs).

Maribel Gocotano added two more gold and a silver to the team's total point score of 46. Teammates Krystyle Kaye Espuertas and Reschelle Joy Aligoneros got a gold and a silver, respectively.

The last event of Jerome Magna in full contact labanan added strength to the teams total point score of 38, giving him two gold and two silver medals.

Early favorite Rey John Miguel settled for two gold and one silver, while Nomer Buenavente gained a gold, a silver and a bronze medal.

ARNIS TEAM to p2

Al Jan Mike Lupera champions the will to win

TACLOBAN CITY - The drizzle that poured all morning of May 1, 2009 did not deter the SOCCSKSARGEN booters as they claimed a deafening victory over the powerhouse of National Capital Region scoring 5-3 and posting their three straight victories.

But what made the feat remarkable was the strength of character shown by Al John Mike Lupera. He got injured when he head clashed with the NCR player making him suffer from nasal fracture. But even before he was carried to the ambulance to be rushed to the hospital, he requested to take a look at his teammates finally completing the game. His teammates in tears assured him to nail the victory for him. In fact, that victory was the best gift to him as he also celebrated his 16th birthday.

Al Jan hails from Bialong, Mlang, Cotabato and is the second in the brood of three. He is the son of Policeman Alfonso and Mila. After the surgery was conducted on him, he requested from delegation physician Dr. Gertrudes

Dajay that he be allowed to even watch the game in sideline at they tried to trounce the CAVRAA players.

Indeed, his determination to succeed, his will to win even amidst adversity is worthy of emulation, and a character deeply honed by experience. "These experiences make a sporting event a meaningful opportunity also for character development", says delegation head Gov. Daisy Avance Fuentes of South Cotabato.

Meanwhile, Cotabato booters surprised everyone inside the newly-dressed Leyte Sports Development Center (LSDC) when they conquered the NCR team.

In an interview, SOCCSKSARGEN booters coach Rommel B. Madis revealed that his team wishes to pocket the title in

AL JAN to p2

Al Jan Mike Lupera being assisted by the medical team after an accidental head clash with another player.



Summary of Medals Garnered - Secondary (As of 10:00 pm, May 1, 2009)	
Events	Medals
Arnis <ul style="list-style-type: none">- Individual Solo Baston, Boys- Individual Doble Baston, Boys- Synchronized Solo Baston, Boys- Synchronized Doble Baston, Boys- Individual Solo Baston, Girls- Individual Doble Baston, Girls- Synchronized Single Baston, Girls- Synchronized Doble Baston, Girls	Silver Gold Silver Gold Gold Gold Silver Gold
Archery <ul style="list-style-type: none">- Individual Olympic Round	Silver
Athletics <ul style="list-style-type: none">- 400 Meter Dash, Boys- 800 Meter Run, Boys- 110 Meter Hurdles, Boys- 400 Meter Hurdles, Boys- Long Jump, Boys- Shot put, Boys- Long Jump, Girls	Gold Bronze Silver Gold Silver Gold Gold
Boxing <ul style="list-style-type: none">- Pin Weight Division- Mosquito Weight Division- Light Flyweight Division	Silver Bronze Bronze
Dancesports <ul style="list-style-type: none">- Cha-cha- Rumba- Jive	Gold Gold Gold
<ul style="list-style-type: none">- Samba- Two dance category- Three dance category	Bronze Bronze Silver
Swimming <ul style="list-style-type: none">- 400m freestyle, Boys- 200 Meter Breast Stroke, Girls	Bronze Gold
Taekwondo <ul style="list-style-type: none">- Poomsae Team, Boys- Poomsae, Individual Group B, Girls- Kyorugi Featherweight- Kyorugi Lightweight- Kyorugi Flyweight- Kyorugi Bantamweight- Kyorugi Lightweight	Bronze Bronze Gold Gold Silver Bronze Gold & Bronze

Summary of Medals Garnered - Elementary (As of 10:00 pm, May 1, 2009)	
Events	Medals
Athletics <ul style="list-style-type: none">- 800 meter run, boys- 1,500 meter run, boys- 400 meter hurdles, boys- 100 meter hurdles, girls	Gold Silver Gold Gold
Boxing <ul style="list-style-type: none">- Ant Weight Division- Kiddie Weight	Gold Bronze
Gymnastics <ul style="list-style-type: none">- Team category- Individual All Around	Silver Silver
Swimming <ul style="list-style-type: none">- 100 Meter Freestyle, Boys- 200 Meter Freestyle, Boys- 100m Backstroke, Boys	Silver Gold (New Record) Bronze
Sipa Takraw	Silver
Taekwondo <ul style="list-style-type: none">- Poomsae, Individual-Group B, Boys- Poomsae Team, Boys- Kyorugi Category 2, Boys- Kyorugi Category 4, Boys- Kyorugi Category 5, Boys- Poomsae, Individual Group A , Girls- Poomsae, Individual Group B, Girls- Poomsae Team, Girls- Kyorugi Category 1, Girls- Kyorugi Category 2, Girls- Kyorugi Category 4, Girls- Kyorugi Category 5, Girls- Kyorugi Category 6, Girls	Silver Bronze Silver Bronze Silver Bronze Bronze Bronze Silver Silver Bronze Bronze Bronze

CRAA from p2 individual olympic round. Boxers Esneth Rey Domingo (kiddle weight division); Julius Fer Caguin (mosquito weight); and Roldan Boncales (light weight division) got a bronze medal each. While Michael Borja (pin weight division) got a silver medal and Federico Amee (ant weight) got gold. Elementary and secondary boxers snatched the 1st runner-up and 3rd runner-up in the over-all tally with boxer Federico Amee as the best boxer. Secondary football team ruled over National Capital Region in Game 23 yesterday leaving the contender with only 3 goals against CRAA’s 5. It also defeated ARMMAA who scored 0 against 7. Volleyball boys secondary is now leading in its bracket after defeating NCR and CALABARZON earlier More incentives await the winners from RD Luz Almeda apart from promised incentives from their respective Local Government units . (HST)

AL JAN from p2 soccer in this year’s palarong pambansa. He added, “*Sa palagay ko malakas talaga ang koponan ng region 6 kasi sila ang kampeonato noong nakaraang palarong pambansa na ginanap sa Puerto Princessa, Palawan.*” Madis attributed the regions amazing performance to hard training and full support from local government units and Department of Education XII Regional Director Luz S. Almeda and Assistant Regional Director Allan G. Farnazo. (AGF/AMS)

TransportCom, steward of CRAA

TANAUAN, LEYTE – Tanauan town is 18 kilometers away from the different playing venues of the weeklong 2009 Palarong Pambansa but despite the distance, region XII delegation is still eager to compete and win against the athletes from other regions. Mr. Macario O. Ontal, the transportation operation manager of CRAA delegation, systematically sets well the transportation of the athletes from the billeting quarters to their respective venues and vice- versa safely. “*Kailangan mo talagang gumising ng 4:00 ng umaga upang ihanda iyong mga sasakyan ng mga athlete’s*

natin.” Ontal told in an interview. He added that, “*Mahirap man ang ganitong trabaho ngunit ito ay para na rin sa ating delegasyon.”* As transportation operation manager, Ontal give all his efforts in order that the athletes of the region will be given convenient travel and arrive early in the playing sites. He disclosed that the delegation uses 8 jeepneys, 1 bus and a service vehicle courtesy of Tanauan mayor Hon. Roque Tiu. The transportation committee is composed of **Arnel Laconse, Bradley Itil, Ritche Fabella, David Gallardo, Arnold Tupas, and Danny Dianasas.** (AMS)



Transportation Operation Manager Macario O. Ontal.

ARNIS TEAM from p2

Coach Adonis Gacho said that all their sacrifices have been paid off. They spent many days and months just to perfect their trainings and

finally they reaped the most coveted crown. The arnis team boys and girls added 30 points to the total point score of Region XII. (HST)



Shot put gold medalist John Albert Mantua in action.

Sulkud, Gensan athletes rule CRAA athletics

FOUR of the six athletes that gave the much-coveted gold medals in athletics to the CRAA Delegation came from Sultan Kudarat and Gen. Santos City. The tandem of John Alfred Mantua and Arnulfo Sab of General Santos City in the shot put (secondary – boys) and 400 meter hurdles (elementary – boys), respectively, gave a pair of gold medals, while another pair of gold medals were likewise earned by Jarvin Renz Debarbo and Raymund Maygay of Sultan Kudarat in the 400 meter hurdles and 400 meter run, respectively for the CRAA

athletics. With a lone gold contributed by the rose among the thorns, female long jumper Reynalyn Pabello of Koronadal City and another by Jether Molina of South Cotabato, the seven gold medals reaped by CRAA stole the limelight from powerhouse NCRAA and WVRAA, the perennial winners in athletics from previous Palaro. What is even more interesting is that all seven gold medalists are first time gold medal winners. Truly, a big toast to these athletes! (FCSJr)

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Summary of Events Won - Elementary (As of 10:00 pm, April 30, 2009)		Summary of Events Won - Secondary (As of 10:00 pm, April 30, 2009)	
Events Won	Results	Events Won	Results
Athletics - 400 Meter, Hurdles, Boys - 800 Meter, Boys - Triple Jump, Boys-Finals - Shot Put, Boys- Finals - Javelin Throw, Boys - Finals - Long Jump, Boys - Finals - 400 Meter Hurdles, Girls-Finals - Javelin Throw, Girls-Finals - Shot Put, Girls-Finals - 800 Meter, Girls - Finals - Triple Jump, Girls-Finals	Gold and 5th Place Gold 4th Place 4th Place 4th Place 4th Place 4th Place 4th and 5th Place 6th Place 6th Place 8th Place	Arnis Secondary Boys - Individual Doble Baston - Individual Solo Baston - Synchronized Solo Baston - Synchronized Doble Baston Secondary Girls - Individual Solo Baston - Individual Doble Baston - Synchronized Doble Baston - Synchronized Single Baston	Gold Silver Silver Gold Gold Gold Gold Silver
Boxing - Kiddie Weight	Bronze	Athletics - 400 Meters, Hurdles - Long Jump, Boys - Long Jump, Girl - Javelin Throw, Girls - Finals - High Jump, Girls - Finals	Gold Silver Gold 7th Place 6th Place
Chess (Team standing after Round 4)	Rank 6th	Badminton - BTT, Sec Boys, Quarterfinals	Winner vs opponent
Gymnastics - Team champion - Individual All Around	Silver Silver	Boxing - Mosquito weight - Light flyweight	Bronze Bronze
Swimming - 200m freestyle, elementary boys - 100m backstroke, elementary boys - 100 m freestyle, boys - Team standing after Day 2 - Boys - Girls	Gold (New Record) Bronze Silver 4th Place 6th Place	Dancesports - Cha-cha - Rumba - Jive - Samba - Two dance category - Three dance category	Gold Gold Gold Bronze Bronze Silver
Table Tennis - Elementary Girls Game 5	Winner vs opponent	Rhythmic Gymnastics - Team , Secondary, Final Result - Individual All Around	4th Place 7th Place
Tennis - Team Competition, Boys - Team Competition, Girls	Rank 5th Rank 7th	Swimming - 200 m Breast Stroke - Team standing after Day 2 - Girls - 400m freestyle, secondary boys	Gold Third Place Bronze
Taekwondo - Poomsae, Individual-Group B, Boys - Poomsae Team, Boys - Poomsae Team, Girls - Poomsae, Individual Group A , Girls - Poomsae, Individual Group B, Girls - Poomsae, Team, Girls	Silver Bronze Bronze Bronze Bronze Bronze	Taekwondo - Poomsae Team Boys - Poomsae, Individual - Girls - Poomsae Team, Girls - Poomsae, Individual-Girls Group B	Bronze Bronze 4th Place Rank 3rd